

Kickstart A GROWTH MINDSET

GUIDE

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an E-Book from

SUZANNE AISTON COACHING

WHAT IS A GROWTH MINDSET?

Welcome!

My name is Suzanne, and I specialise in 1:1 Personal Development Coaching in Essex and online.

Thank you for downloading my mindset guide, and because you have, I suspect that there may be something in your life that isn't working right now. Making a change in our lives requires courage, and developing a growth mindset can really help us to make those changes we want and help us to move forward. Those changes often start with small, daily actions that lift us out of entrenched patterns that no longer serve us. In this 'Growth Mindset Guide,' we are going to walk through seven days of mindset growth and each day record a short sentence of how we get on. So let's start by understanding what a growth mindset really is.

A growth mindset is the belief that your skills, intelligence, and abilities can develop through effort, learning, and perseverance. In contrast, a fixed mindset assumes that your abilities are set in stone and cannot change, which can lead to avoiding challenges and giving up more easily. Shifting into a growth mindset is essential because it opens the door to learning, resilience, and new opportunities. It helps you see setbacks as part of the process rather than as proof that you can't succeed, ultimately leading to greater confidence, progress, and long-term success.

If it were easy, we would all be in a growth mindset right now. The reasons we aren't are often varied; however, the truth is it requires your patience and persistence, but you can do this if you are committed.

On the surface, some people seem to be well-rounded; however, while they may appear to be in a growth mindset, almost perfect, in fact you'll often notice when you look closely that they rarely step out of their comfort zone. They are usually ideal in a narrow area of their life, but because they fear not being perceived as perfect or fear making a mistake, they often remain there and lack genuine growth. If you are one of those people, fear not; I too was definitely one of those people, and I still have to work hard to push through. Sometimes, we all do. However, you can change this pattern; everyone can, and this e-book will guide you on how to begin developing a stronger growth mindset so you can start benefiting from the exciting opportunities that lie ahead of you!

STEP 1 #PREPARATION

The first and most important step is preparation; just like with anything that matters, it's key. I recommend picking up a small notebook dedicated solely to your mindset challenge. Write from day 1 to day 7 and leave a space to write about each day. Every evening, jot down a brief sentence for each day, so you can track your progress, note any issues or obstacles, and write and celebrate a WIN when you do have one, and most importantly, understand why you had a WIN. Everyone will struggle in certain areas, so whatever your challenge, if it's big or small, that doesn't matter; every individual's challenge is important to them. So don't worry, speaking up in a meeting is a huge WIN for some people, and that is absolutely a WIN if you've struggled with something like this. It's growth mindset working!

As an example, I'm writing this guide, and I have to admit, this is new for me. It's exciting, but a little scary too, because I know I might make a mistake. Still, I've decided that it's worth sharing this self-help guide with you. So set a small boundary with yourself right now, and in your new mindset challenge notebook, write on the very first page: "I won't give up" Now sign it. Great start.

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The GROWTH MINDSET GUIDE

Success is not final; failure is not fatal:
It is the courage to continue that counts.

-W. CHURCHILL

SHIFTING YOUR FOCUS

Please print this page and keep it with you every day for a week. If you can, tuck it into your pocket so it's always close by. Take a moment to read the statements below regularly; they'll help you remember the shift in focus you've committed to in order to develop a growth mindset. Revisit these words several times each day, especially when your inner critic tries to tell you to stop trying, thinking it's keeping you safe. Remind yourself of why you started this challenge and all the amazing things you could achieve if you stay dedicated. Stay vigilant for these 7 days, and make a habit of checking in with yourself each day to stay on track!

STEP #2

EACH DAY I WILL FOCUS ON:

EFFORT AND PERSISTENCE	OVER	INTELLIGENCE AND ABILITIES
PROCESS	OVER	OUTCOME
MISTAKES I LEARN FROM	OVER	PERFECTIONISM
FAILING AT TRYING NEW THINGS	OVER	WINNING WITHIN MY USUAL COMFORT ZONE
DOING WHATS HARD/BORING BUT NECESSARY	OVER	DOING WHAT'S SHINY, NEW OR EXCITING
DEFERRED GRATIFICATION	OVER	INSTANT GRATIFICATION

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STEP 3 #SELF-TALK

BE AWARE OF YOUR LANGUAGE

Instead of...	***Say...***
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.



JUST A HEADS UP: TOUGH DAYS HAPPEN TO EVERYONE. YOU'VE GOT THIS, I PROMISE!



WHAT WAS SOMETHING NEW I LEARNED TODAY?



WHAT PROGRESS TODAY, HOWEVER SMALL, DID I MAKE ON MY GOALS?



WHAT CAN I DO TOMORROW TO JUST BE 1% BETTER?

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STEP #4 THE FINISH LINE

HOW DID YOU GET ON?

Well done if you managed to reach all 7 days and stay in a growth mindset. Now is the time to plan a little treat to celebrate your achievement! If you didn't, don't worry; it can take time, and I often work with my clients on these sorts of areas for a little while until they feel confident. Changing our habits takes time; in fact, according to University College London, it can actually take an average of 66 days! So start again if you have to, but never, ever give up, as Mr. Churchill recommended.

I hope you've enjoyed my growth mindset guide, and I hope it's helped you discover more about challenging yourself and personal growth. Remember personal growth is a lifelong journey so keep going and it will get easier as you go. If you would like to find out more about me or my programmes, you can visit my website at www.suzanneaistoncoaching.co.uk and join my newsletter for more help and tips in personal growth or to book a session. And don't forget to follow me on LinkedIn and say 👋. I'd love to know how you got on.

STEP #3 KEEP IT GOING

AT THE END OF YOUR 7 DAY CHALLENGE, SEE IF YOU CAN ANSWER 3 QUESTIONS IN YOUR NOTEBOOK:

WHAT DID I LEARN THAT'S NEW ABOUT MYSELF?

OVERALL, WHAT PROGRESS DID I MAKE AND HOW DID IT FEEL?

HOW CAN I CONTINUE TO DEVELOP MY GROWTH MINDSET, NEXT WEEK AND BEYOND?

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